**Parent Wellbeing Group**

Group members:

Chloe Sarah Jane Gillian Sharon Darlene

Victoria Suzie Bridget Heather Carrie Abigail

Dates and times:

Friday 30 September 9.15-10am

Monday 7 November 2.15-3pm (no one available)

Wednesday 11 January 2.15-3pm (no one available)

Monday 30 January 6-7pm (additional date added due to availability)

Monday 13 March 6pm- 6.45pm (option to do virtually - TBC)

Tuesday 9 May 9.15-10am

30.9.22

downtime

Talking through big emotions

Inside Out

decompress

Looking after self - physically & mentally

meditation

angry

Normal feelings

Two way discussion

open

Leading by example

Ok not be ok

Worry box

Sharing with families

Music

reflection

sleeping

Wellbeing

yoga

Exercise

Belly breathing

Water

grounding

hangry

Eating well

Check in

Socialise

control

affirmations

Emotional literacy

boundaries

pledges

What are their coping strategies?

predictability

Screen time

Safe place

What does an emotion feel like?

triggers

Think for self

Balance

30.9.22

Learn through experience

Different contexts

personalities

Respectful - both ways

communication

Feel valued

Social media

Relationships

Transitions - changes

trust

Boundaries

Best friends

Language

Learning how to be a friend

Being involved

Valid human beings

30.1.23

 Trust Fear – joining forces

 Response as a parent?

Bullying

Teach parents about emotions too Compassion

Diversity

Give children the resources to manage their emotions

What school is doing:

* Our approach is based on the nurture principles
* We use restorative conversations to help repair relationships
* We actively teach about bullying and the impact
* We are teaching emotional literacy through a programme, Emotion Works
* We record bullying incidents and check in with children
* We work with families when issues are not being resolved

Definition of bullying:

Bullying takes place in the context of relationships. It is behaviour that can make people feel hurt, threatened, frightened and left out and can happen face to face and online.

Bullying is both behaviour and impact, what someone does and the impact it has on the other person’s capacity to feel in control of themselves. We call this ‘agency’

Equality Act 2010

Protected characteristics

* Age
* Disability
* Gender reassignment
* Marriage and civil partnership
* Pregnancy and maternity
* Race
* Religion and belief
* Sex
* Sexual orientation

What parents can do:

* Listen - try not to over react
* Help your child come up with own solutions so they feel in control
* Report to school – keep sharing
* Avoid aggression or violence as solution
* Encourage assertiveness
* Use 5 ways of wellbeing to help distract and have other positives in life
* Have a look at the Respect Me website for useful tips